

THE INVENTION CLAIMED IS:

1. An apparatus for use in light therapy  
comprising:

at least one light emitting diode array adapted  
5 to emit a wavelength of light; and

a targeting mechanism coupled to the at least  
one light emitting diode array so as to allow light emitted  
from the at least one light emitting diode array to be  
repeatably positioned on a target area during non-contact light  
10 therapy.

2. The apparatus of claim 1 wherein the at least  
one light emitting diode array comprises a plurality of light  
emitting diode arrays, each light emitting diode array adapted  
15 to emit a different wavelength of light.

3. The apparatus of claim 2 wherein each light  
emitting diode array includes a plurality of light emitting  
diodes and wherein light emitting diodes that emit different  
20 wavelengths are uniformly interdispersed.

4. The apparatus of claim 3 wherein each light  
emitting diode is adapted to emit a wavelength of 625 nm, 660  
nm, 735 nm or 880 nm.

5. The apparatus of claim 3 wherein each light  
emitting diode is adapted to emit a wavelength of 350, 590, 660  
or 880 nanometers.

6. The apparatus of claim 1 further comprising a  
positioning device coupled to the at least one light emitting  
diode array and adapted to position the at least one light  
emitting diode array relative to a target area.

7. The apparatus of claim 1 further comprising an imaging mechanism adapted to record an image of a target area.

5           8. The apparatus of claim 7 wherein the targeting mechanism is coupled to the imaging mechanism and includes at least one targeting light source, the at least one targeting light source adapted to allow the imaging mechanism to be repeatably positioned relative to a target area prior to image  
10 recording.

9. The apparatus of claim 8 further comprising a sequencer mechanism having:

          a first position in which the at least one  
15 targeting light source is off and the imaging mechanism does not record an image;

          a second position in which the targeting light source is on and the imaging mechanism does not record an image; and

20           a third position in which the targeting light source is off and the imaging mechanism records an image.

10. An apparatus for use in light therapy comprising:

25           at least one light emitting diode array adapted to emit a wavelength of light;

          a targeting mechanism that includes at least one targeting light source coupled to the at least one light emitting diode array so as to allow light emitted from the at  
30 least one light emitting diode array to be repeatably positioned on a target area, wherein the targeting light source is adapted to turn off prior to image recording; and

an imaging mechanism adapted to image the target area.

11. A method of light therapy comprising:

5 providing an apparatus for use in light therapy having:

at least one light emitting diode array adapted to emit a wavelength of light; and

10 a targeting mechanism coupled to the at least one light emitting diode array so as to allow light emitted from the at least one light emitting diode array to be repeatably positioned on a target area during non-contact light therapy;

15 positioning the at least one light emitting array relative to a target area;

selecting a wavelength and a dosage of light therapy; and

irradiating the target area with the selected wavelength and dosage.